

First Look

SUV giveaway

Entry forms for the Project CHEER sports utility vehicle giveaway promotion are available at the community activities center, fitness center, post office and the base exchange. The deadline for submission is Sept. 17. For more information, call Capt. Samantha Elmore at 2-3217.

Bike registration

The Lajes Ident-A-Bike Program will register bicycles from 5:30-6:30 p.m. today at the Nascer Do Sol/Lower-T housing area. For more information, call Staff Sgt. Jerome Worthington at 2-3611.

Memorial observance

A 9/11 memorial service, "A Service of Remembrance, Honor and Resolve," will be at 3:30 p.m. Sept. 10 at the base chapel. For more information, call Chaplain (Capt.) Matthew Glaros at 2-4211.

Uniform display

The Air Force test utility uniform is now on display at AAFES Military Clothing Sales. The uniform is currently being wear-tested at bases across the Air Force and if approved, production could begin as soon as 2005. To give feedback on the uniform, members can go to www.uniforms.hq.af.mil. For more information, go to www.af.mil/uniform.

Preflight

- Days since last DUI 222
- DUIs since Jan. 1....one
- Current AEF 1 & 2
- Current FPCONAlpha
- Combat Nighthawk: Capt. Robbie Wheeler, 65th Medical Operations Squadron; 1st Lt. Brian North, 65th Mission Support Group; Master Sgt. Randy Phillips, 65th Mission Support Squadron; Master Sgt. Gabriel Garza, 65th Civil Engineer Squadron

Daddy is home



Kristen and Rebecca Campbell play with their dad Staff Sgt. Mark Campbell, 65 Civil Engineer Squadron. Members of the 65th CES returned to Lajes after spending 90 days deployed. Family members, co-workers and commanders welcomed them home during a reception held at the base fire department Sept. 2. For more photos see Pages 8-9. (Photo by Guido Melo)

Holiday greetings come early to Lajes

By Tech. Sgt. Renee Kirkland
NCOIC, public affairs

Hometown News will shoot holiday greetings for Lajes members 9 a.m.-5 p.m., Monday - Tuesday at the Top of the Rock club's Warrior Park.

Lajes is the first stop for the team which hopes to surpass last year's total of more than 150,000 greetings which were sent to television and radio stations back in the states.

Upon arriving at Warrior Park members will be asked to fill out an administration form for each greeting they plan to do.

"We are looking for phone

numbers, addresses and names," said Army Sergeant 1st Class Jerry Malec, team leader. "We take care of everything else. They need to bring this because for every greeting the TV and radio stations contact the relatives and let them know when the greeting will air."

Prior to filming their greeting, members will be briefed on what their greeting needs to have.

"We need to hear five things in the greeting. Who they are, where they are, who the greeting is going to, where the relatives are, and some sort of holiday greeting," said Sergeant Malec. "Basically the most common greeting is: 'Hi, I'm Sergeant First Class Jerry Malec,

currently stationed here at Lajes Field, Azores. I would like to wish my beautiful wife Amy and wonderful children Elizabeth and Adam in San Antonio, the best Christmas ever. I love you, I miss you and I hope to see you soon.'"

Currently more than 160 greetings are scheduled to be filmed at Lajes.

People who have not already signed up can e-mail news@lajes.af.mil or call Tech. Sgt. Renee Kirkland at 2-3520. There are a limited number of time slots still open.

For more information, call Lajes project officers Senior Master Sgt. Alfonso Martinez, 2-6703 and 2nd Lt. Ted Harmer, 2-3812.

Team Lajes welcomes new priest into fold

Crossroads staff

The Lajes chapel received a new addition to its staff last month, Chaplain (Capt.) Matthew Glaros, a Catholic priest.

He was ordained as a Roman Catholic Priest in May 1999 and entered active duty in November 2002.

Chaplain Glaros has deployed as part of Operations Iraqi Freedom and Enduring Freedom where he served as the chaplain for the U.S. Embassy in Kuwait and Ali Al Salem Air Base.

When asked about his goals for his parish here at Lajes, Chaplain Glaros had this to say:

"At Lajes I look forward to getting involved with the chapel ministries and Combat Touch programs. I enjoy working with our wing Chaplain, Lt. Col. Michael Coggins. While he is of a Southern Baptist denomination we work together as a team in our various duties for God, faith and Country.

"We have a diverse group of chaplains, chaplain assistants, contractors and volunteers that make up our chapel ministry team here and provide a wonderful diversity.



"I look forward to being a chaplain and helping out our troops in my assigned squadrons here as well. I'm excited to be the Catholic pastor for our Lajes community here. The Azores are over 95 percent Catholic so I'm in a unique position to strengthen and build upon that commonality.

"I hope to be able to support good host nation relationships and be a bridge between cultures in my unique position. Maintaining and building solidarity with our host nation is important to me as well. I'm interested in starting up a Bible study and adult Catholic faith formation small group. As a younger priest I bring my energy and enthusiasm to try new and dynamic ways of integrating faith and our daily life and duties together for the good of all. So happy to be here," he said.

Comm-bat Fitness no sweat for Lajes Squadron



Members of the 65th Communication Squadron work out three days a week at the Chace Fitness Center. Their workout routines include a variety of calisthenics and running. (Below) Members of the 65th Communication Squadron stretch before their workout in the gym on Sept. 8. (Left) 2nd Lt. Ted Harmer, 65 CS, works to complete a set of flutter kicks during squadron physical training. (Bottom left) Staff Sgt. Jason Vincent, 65 CS does push-ups during squadron PT in the gym. (Photos by Airman Josie Kemp)



MSG answers power questions

by Tech. Sgt. Renee Kirkland
NCOIC, public affairs

Lajes held a town hall meeting Tuesday to discuss the base power conversion which takes place Sept. 20.

Col. Michael Silver, 65th Mission Support Group commander, facilitated the meeting. Representatives from 65th Civil Engineer Squadron, base legal office and AAFES attended to answer questions.

The power conversion has been a work in progress since the decision was made in September 2001 when the base fell under Air Combat Command, Colonel Silver said.

"There were three main reasons for the change," said Colonel Silver. "By using local power instead of base generated power, we buy power off the local economy from an organization who does power generation for a living. Also by using the local power company, the base then decreases the environmental impact of using diesel fuel to power our base power plant. And third, in the long run this con-



Col. Michael Silver, 65th Mission Support Group commander, addressed Lajes personnel during a power conversion town hall meeting held Sept. 7 at the base theater. Colonel Silver discussed how the power conversion would affect people working and living on Lajes. (Photo by Staff Sgt. Michelle Michaud)

version saves the AF dollars, while putting money into the local community."

The base will now use the same power standard that is used off-base and all over Europe.

Little if no changes will be noticed by the majority of base members.

Frequency dependent items such as clocks may not work unless they are made for 50 hertz.

For example, U.S. specific 60 hertz clocks will run about 12 minutes slower per hour. Consumers should purchase 50 hertz compatible or battery powered clocks—AAFES has these items in stock. People should check their clocks as they may already support both 50 and 60 hertz. In general, some items will not run as efficiently, but most things will remain the same, Colonel Silver said.

Members of 65th CES pointed out that items that are dual voltage should not be manually changed to the 220 volt setting. The power being supplied is still 110 volts. Usually any item rated for dual voltage is also rated for 50/60 cycles and should operate normally, they said.

AAFES is working with the base to sell more items that are made to work with 50 cycles.

"A sticker reading 'Azores Advantage' can be found on items that have been tested to work on a 110 volt 50 hertz power supply," Col. Silver said. "Items that will not work will be tagged as 'No go' and will be removed from sale over time."

Power conversion Q's and A's

The following are some of the questions brought up at the meeting.

Question: Should I use items that are only rated for a 110 volt/60 hertz power source?

Answer: Most 110 volt/60 hertz items will work on 110 volt/50 hertz power but there is some risk to damage the item. If you have a particularly expensive item the safest thing to do is not to use them. Each person must make the decision on whether to risk the damage to their possessions. If you have friends who live off-base in leased housing, ask them about their experiences with their appliances. Most leased units off-base are run-

ning on 110 volt/50hertz power.

Question: Who is liable for damage to my equipment?

Answer: The consumer assumes the risk if they plug a privately owned item in that is not rated for the power source supplied. If an item is not clearly marked, refer to the manufacturer for complete information on power source ratings. Remember that while Lajes is new to 110 volt/50 hertz power, military personnel at other bases across Europe have been operating US appliances for years with transformers converting European 220 volt power to 110 volt/50hertz power.

However, the government is responsible for damage to gov-

ernment-owned appliances in military family housing (stove, refrigerator, washers and dryers) and will repair or replace the equipment as needed.

Question: Are uninterruptible power suppliers (UPS) rated for 50/60 cycles?

Answer: UPS are power sensitive. Check your system before you plug it in. Some are rated for 50/60 cycles while others are only for 60 hertz. Our testing has found that a UPS rated for 60 hertz only will fail on 50 hertz power.

See next week's Crossroads for more information about the Sept. 20 power changeover.

Using proper per diem saves AF money

by **Capt. Yvonne Levardi**
Chief of public affairs

An Air Force audit in March '04 discovered that paying more per diem than necessary during people's temporary duty assignments caused a \$1.3 million loss Air Force-wide.

"Quite a few people were allowed full per diem instead of the government or proportional rates," said 1st Lt. Marlon Elbelau, 65th Comptroller Squadron financial services officer. "We lose money when members could have been paid the lower per diem rate if they had taken advantage of government meals available."

Travel order approving officials must consider mission needs, lodging arrangements and access to a dining facility when determining which rate to

use, Lieutenant Elbelau said.

"In limited circumstances, when the mission doesn't allow or it's impractical for members to eat at the military dining facility, then the full rate of meal reimbursement may be used," he said. "But if a member is TDY to an installation where at least two government meals are available, the proportional per diem is more than likely the correct rate to use."

The three rates are as follows:

Government rate, which is paid to military travelers lodged on a military installation where three meals a day are available at a military dining facility.

Proportional rate, which is paid to military travelers lodged on a military installation where only one or two meals a day is available at a military dining facility.

"For example, a member TDY to Sheppard Air Force Base, Texas may not be allowed to eat at the dining facility during lunch on weekdays because during that time it's reserved for students," Lieutenant Elbelau said. "In that case the member would receive the proportional rate."

Full rate, paid to military travelers lodged off base or on base where no meals are available from a military dining facility.

"Per diem is intended to reimburse members only for meal expenses incurred while traveling," Lieutenant Elbelau said. "It's not intended to pay the traveler more than the cost of their meals."

The Lieutenant noted that civilian travelers are authorized full per diem no matter where they are lodged while TDY.

"This is because in most cases

civilians are not allowed to use the installation dining facility," he said.

Additionally, travelers lodging under field conditions for training or real-world contingencies won't receive reimbursement for meals.

Approving officials can check the world-wide status of meal availability at www.dtic.mil/perdiem, following the link to "Lodging & Dining."

"If the proper per diem was fully used, the money saved could have been used for other mission requirements or quality of life initiatives," Lieutenant Elbelau said. "The proper stewardship of government funds is ultimately the responsibility of each and every one of us. Money really does not grow on trees."

For more information, call finance customer service at 2-5174 or email 65cptsftss@lajes.af.mil.

Cook clean, stay healthy



65th Medical Group public health

Practicing good sanitation and cooking food completely can help ensure people don't get sick from the food they eat.

September is National Food Safety Month, and the Lajes public health office wants to educate Team Lajes on how to keep bacteria, viruses and parasites "out of the kitchen."

According to Capt. Samantha Elmore, 65th Medical Group public health flight chief, the most important thing to keep in mind is cleanliness.

"The most common mistake people make when preparing food is thinking that washing

their hands is a sufficient public health measure," Captain Elmore said. "You should always wash your hands before preparing food and after handling raw meat and egg products. But that's just one step in the food borne illness prevention cycle."

Hand washing and sanitizing all utensils used for food preparation is important throughout food preparation.

The captain said people should be especially careful when preparing raw meat to not cross-contaminate with ready-to-eat foods such as salads, chips, vegetables or any other product that is not going to be cooked before eating.

"You should thoroughly clean and sanitize cutting boards used for raw meat and egg products before using it for other food," said Captain Elmore. "Ideally, have two cutting boards: one for meats and one for other food products. That will help reduce the chance of contaminating fresh vegetables or other food with meat juices."

To sanitize cutting boards use hot, soapy water or a chlorine bleach solution of 1 capful bleach

to one gallon of water.

"Don't forget other food contact surfaces," Captain Elmore said. "Just because your hands are clean doesn't mean the countertops are clean. Your clean hands are now dirty if you touch the raw meat juice on the counter and then go prepare a salad."

Keeping hands and food preparation tools clean is only half the battle. Captain Elmore said people also need to ensure food is thoroughly cooked.

Roasts and steaks should be cooked to 145 degrees, chicken to 180 degrees and ground meat to 160 degrees, she said. Cook fish until it flakes easily with a fork. Use a meat thermometer for accuracy.

"You have to make sure and cook your meats completely," Captain Elmore said. "There should be no pink color left in the meat."

Eggs should be cooked until the yolk and whites are firm, and people should avoid recipes with raw or partially-cooked eggs.

"Make sure there are no cold spots in food when cooking in a microwave oven," she said.

To avoid cold spots cover food and rotate, stirring occasionally.

Leftovers should be refrigerated or frozen immediately, and reheated thoroughly to at least 165 degrees.

Soups, sauces and gravy should be reheated to a boil. Don't keep leftovers for more than a week.

"Following all the above steps - washing hands, cleaning food contact surfaces and cooking products thoroughly - is the easiest way to ensure the food you prepare and serve is as safe as possible," Captain Elmore said.

For more information, call public health at 2-3464/6224.





Do you know what I did this summer?

Second grade teacher Amanda Brust listens to Estrellita Kemp, daughter of Staff Sgts. Eddie and Judy Kemp. A back to school skating party for students will be at 7 p.m. Sept. 18 at the Lajes skating rink. For more information, call Pam Darling at 295-549-751 or the community activities center at 2-4135. (Photo by Staff Sgt. Michelle Michaud)

POVs must display current information

**By Tech. Sgt. Renee Kirkland
NCOIC, public affairs**

Vehicles bought at or brought to Lajes are required to have and display some different information than vehicles driven in the U.S.

The Azores has a requirement to display vehicle information in the windshield of all vehicles.

"All drivers should remember the three D's: display, dates and DEROS," Staff Sgt. Jerome Worthington, 65th Security Forces Squadron, NCO in charge, pass and registration said.

Display: Ensure insurance and inspection information are visible on the passenger's side of the windshield at all times.

Dates: Ensure vehicle insurance and inspection information are current.

DEROS: Members who have extended their tour at Lajes must go to pass and registration to update their vehicle's DEROS stickers. Bring extension paperwork, cur-

rent inspection and insurance documentation and a valid Lajes Field driver's license.

"When a person sells a vehicle with USFORAZ plates to another military or DOD member," Sergeant Worthington said, "paperwork must be accomplished through pass and registration."

According to Sergeant Worthington, both the buyer and the seller must go to pass and registration to complete the bill of sale.

"The buyer must bring current inspection paperwork while the seller brings insurance paperwork in their name and a valid Lajes Field driver's license," he said.

Vehicles must be reinspected if they have been in an accident or had damage since the inspection. Owners may be cited for driving an unsafe vehicle.

"Back home we wouldn't be driving a rusted-out, old ride," Sergeant Worthington said. "Keep your vehicles in good shape and be safe."

Registering a vehicle shipped to the island is not difficult. The following documentation should be taken to pass and registra-

tion: DD Form 788 Shipping Document (the form has a replica of the vehicle showing detailed marks, scratches and dents), overseas insurance coverage, and a Lajes Field driver's license, LF Form 13.

Personnel must remove the DD Form 2220 Installation Vehicle Identification Sticker from their vehicle before leaving the port. Vehicles with the sticker still attached are subject to citation, said Staff Sgt. Damon Henderson, 65th SFS.

Leaving the Island? Sergeant Henderson cautions people to not wait to dispose of their vehicle.

"Many people try to hold onto their vehicle to the last minute and don't have a plan of how to get rid of it prior to leaving the island," Sergeant Henderson said. "If members are due to PCS soon they need to have a plan to dispose of the vehicle (ship, sell, junk, or power of attorney), prior to their final out with the military personnel flight."

Pass and registration is in Bldg. T-112 and open 8 a.m.-noon Tuesday-Friday. For more information, call Staff Sgts. Jerome Worthington and Damon Henderson at 2-3611.

Officials: Use electronic voting from overseas as 'last resort'

by **Gerry J. Gilmore**
American Forces Press Service

WASHINGTON (AFP) — Some overseas servicemembers have another way to vote in the upcoming Nov. 2 elections, but they should use it as a last resort, a senior Defense Department official here said Sept. 1.

The alternative electronic voting method would apply only to servicemembers whose local voting laws allow it, said Charles Abell, principal deputy undersecretary of defense for personnel and readiness.

Servicemembers stationed overseas who want to vote in stateside elections should still use the traditional absentee pa-

per ballots sent by mail, Mr. Abell said.

The electronic transmission service calls for servicemembers to first scan their marked paper ballot into a computer primary data file, Mr. Abell said. The file is attached to an e-mail message that is sent stateside to Pentagon contractors. The e-mailed ballot is printed out by the contractors and is then faxed to local voting officials for tallying.

Eligible servicemembers are asked to use the new system only as "a court of last resort," Mr. Abell said. Defense Department officials would prefer that overseas servicemembers mail their absentee ballots to local officials, he said.

But electronically submitted balloting remains an option for those who cannot mail in their paper ballots because they have been deployed or because their ballot is late catching up to them, Mr. Abell said.

Servicemembers who elect to send their votes in electronically will have to sign a waiver acknowledging that the secrecy of their ballot cannot be guaranteed. That is why paper ballots remain "the most secure, the most traditional means of getting their vote in (and) getting it counted," Mr. Abell said.

If troops serving overseas do not receive a traditional paper absentee ballot from their stateside voting jurisdiction, Mr. Abell

said another voting option is using a blank federal write-in ballot.

The message for Armed Forces Voting Week, slated for Sept. 3 to 11, is for servicemembers who have not yet requested their absentee ballots or requested to vote for this election to do so, Mr. Abell said. Overseas Voting Week, set for Oct. 11 to 15, reminds servicemembers that mailing their ballots in that week, or earlier, should help ensure that their votes get counted, he said.

Servicemembers serving either stateside or overseas with questions about how and when they should vote can contact their local voting assistance officer.

Posturing plan to produce more capable Air Force

by **Master Sgt. Scott Elliott**
Air Force Print News

WASHINGTON — The major worldwide troop movement unveiled Aug. 16 by the president will result in a service that is better able to meet the needs of warfighting commanders, Air Force planning officials at the Pentagon said.

While most of the 70,000 servicemembers who return from overseas to the United States will be Soldiers, the Air Force has played a major role in the integrated global presence and basing strategy, said Lt. Col. Keith Cunningham, former deputy chief of the Air Force strategy and integration division.

"The Air Force fully supports the secretary of defense and combatant commanders' requirement," Colonel Cunningham said. "This basing strategy will strengthen the Air Force's ability to respond rapidly

with agility, precision and lethality."

The key is improving capabilities, not preoccupation with troop strength, the colonel said.

"We used to measure capability in sheer numbers of troops," he said. "We (now) measure it in a lot of different ways. We're very capability-focused. We probably have more capability in some areas of the world than we ever had, but we have less troops there."

Major Air Force installations in Germany would be untouched by the reduction plans, said Gen. Charles F. Wald, deputy commander of U.S. European Command.

The Air Force is not moving forces as dramatically as the Army is because it already has, Colonel Cunningham said. The Air Force's major transformation began in the early 1990s, shortly after Operation Desert Storm, when the service relocated thou-

sands of Airmen and several weapon systems.

"The president said (the military) is more responsive (if based) at home," the colonel said. "To do that, we need to invest more in the ability to get our forces to where we want them — through the mobility system, to forward-operating sites and into cooperative security locations."

While the plan is specifically designed to increase capability and flexibility, Colonel Cunningham said individual servicemembers would see quality-of-life improvements as well.

"Military members can expect more time between deployments and more notice of when they will deploy," he said. "That shift will give them better predictability and quality of life. That's how this will affect the Airman on the street."

The entire program may take more than 10 years to complete, Colonel Cunningham said.

"It's very complicated, in that there are moving parts all over the world," he said. "Some, with higher priority, will happen soon. Others will be phased over time."

Another complicating piece of the puzzle is where to put all of these homebound servicemembers.

There are base realignment and closure implications, Colonel Cunningham said.

"We have all these troops coming back to the United States, but where are they going to go?" he asked.

The colonel said BRAC and basing strategy "are two sides of a coin," as a senior defense official said in a press briefing after the president's announcement.

"This new plan is a good thing," Colonel Cunningham said. "We're supporting the combatant commanders and posturing our forces to better meet the challenges of the future."



For information on absentee voting:

Contact the base voting officer Capt. Joseph Zell at 2-7013 or visit

<http://www.afpc.randolph.af.mil/airmenvotes> or

<http://www.fvap.gov>



COMMENTARY

September 11th, three years later

by **Danielle Posey**
Contributing writer

My husband and I recently took a trip to New York. While there, we had an opportunity to visit the Twin Towers memorial site. Having never been, I didn't know what to expect ... or what, if anything, I intended to gain. Nonetheless, I felt compelled to go. Maybe I had to see for myself that it was real, that it really did happen, that it wasn't just something I had seen on television ... maybe I needed closure.

The first thing I remember, as I disembarked the subway below, was hearing a faint, plaintive, beautiful sound. As I climbed the stairs to the street above, I realized it was music. I emerged realizing that I was there; I was in front of the site... the hole.

I stood there, unable to move, unable to take my eyes off it, the sheer magnitude of it all. I was overwhelmed, to say the least, overwhelmed by the enormity of it all. All

of those souls, so many ... too many. I got goose bumps from the top of my head to the tips of my toes; it was like nothing I had ever felt before. I just stood there, silent, in prayer. And somewhere in the distance of my consciousness, I continued to hear the music, that sweet plaintive little tune.

I slowly began to notice my surroundings; slowly began to see more than just the hole. I saw all of the people, all of the different people. I noticed the Asian man dressed in white, kneeling on the sidewalk playing his instrument, a type of guitar. He was the one making the beautiful music. I walked over and let a dollar float into his open instrument case.

Then I noticed the different languages being spoken around me. Some I recognized; German, French and Spanish, many I did not.

I noticed the different groups of people: A father, mother and two young children; a mother and young daughter; a father and an adult son; a grandfather and an adult

granddaughter. Then I noticed other people, the ones dressed in business suits carrying briefcases. I noticed their walk, hurried and purposeful. And it struck me: this place, this hallowed ground, had become part of their landscape, and I felt sad. Why did they no longer look at it and see it the way I did?

I said a prayer, asking God to never let me forget; to never let the world forget the tragedy, but more importantly, the love.

Because although we as a nation, we as a world and we as humanity experienced an unimaginable, incomprehensible, act of terrorism that day, we should also remember that as fellow human beings we also experienced an outpouring of love immediately following the attacks. We need to hold on to that and remember how humanity can be, how we should be and we should try to live our lives like that every day, not just in the face of adversity. It was an experience I will never forget and as I prayed to God that day, I pray to God this day ... please, never let us forget. Amen.

Updating menus

Question:

How often is the menu at the Tradewinds updated, and could they offer more of a variety?

Answer:

Each dining facility MUST use the Air Force Worldwide menu, which repeats itself every 14 days. This was created in order to standardize dining facilities across the Air Force under the Corporate Food Service System. The menu is usually revised/amended annually.

AFI 34-240, Food Service Program Management, allows revisions to satisfy the preferences of guests for culturally diverse, specialty meals, or to increase menu variety.

Any variety added still must

be part of the core menu or receive command and AF level approval. We are currently submitting two local national recipes for AF approval – Beef Alcatra and Codfish. We are willing to submit other feasible recipe recommendations, based on needs of our customers.

To collect customer inputs, the Tradewinds Dining Facility is planning to hold quarterly menu planning board meetings with representatives from each unit. The board will address current AF menus and allow unit representatives to bring forth suggestions and concerns for the Food Service Staff to review.

Tech. Sgt. Andrew Mix, 65th Services Squadron, is the new Tradewinds Manager and he will actively look into all suggestions and try to

successfully meet the needs of all customers. For more information, call Sergeant Mix at 2-2255.

Bus routes

Question:

How many school bus routes will be available for the upcoming school year, and how far from base will they go?

Answer:

There will again be three school bus routes for the upcoming school year. The routes are as follows:

Red Route Services-Praia da Vitoria, Cabo da Praia, Fonte do Bastardo and Juncal; Green Route Services-Porto Martins and Sao Sebastiao; Blue Route Services-Fontinhas, Agualva, Vila Nova and Lajes.

For more information, call Master Sgt. Gerald Zweeres,



The Action Line is your means of addressing a problem, or submitting a request to management. Submitting the 65th Air Base Wing's Action Line, however, your chain of command should address the issue first. When problems are solved, they call the Action Line at 2-4240 and I will assist quickly and efficiently. Thank you!

Col. Barbara Jacobi
65th Air Base Wing commander

65th Logistics Readiness Squadron, at 2-3780 or Monica Chandler-Potts, School Liaison at 2-1314.



This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the *Crossroads* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field.

The *Crossroads* staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a *Crossroads* staff member or e-mail us at news@lajes.af.mil.

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FYI FEATURE

65th CES members return home after desert deployment



(Clockwise) Kristen Burgett greets her husband Staff Sgt. Shawn Burgett, 65th Civil Engineer Squadron, after a three month separation. Col. Barbara Jacobi, 65th Air Base Wing commander and Col. Danny Leonard, 65th ABW vice commander, greet Airman 1st Class Matthew Mulholland and Airman 1st Class Daniel Epps as they arrive at the fire department for a welcome home celebration hosted by the CES. Senior Airman Dorian Mitchell is welcomed home by Master Sgt. Chris Moore, 65th CES first sergeant. Sera Wolff treats her husband Staff Sgt. Michael Wolff to a more personal greeting. (Photos by Guido Melo)



(Clockwise from top) Paul Carney, 65th CES deputy commander, shakes the hand of Airman 1st Class Matthew Mulholland. Lisa Campbell and daughters Kristen and Rebecca await the arrival of Staff Sgt. Mark Campbell with a sign made especially for him. Members of the power production flight welcome back work-mate Staff Sgt. Michael Wolff. Staff Sgt. Shawn Burgett, Airman 1st Class Matthew Mulholland and Airman 1st Class Rekcaz German talk with fellow flight members. Civil engineering squadron members and their families are all smiles after being reunited.



Pay road tax for local plates

Question:

Do U.S. military, dependents and retired personnel who own Portuguese POVs with Portuguese license plates need to pay Portuguese road taxes while stationed or living here?

Answer:

According to Portuguese law and U.S. Security Forces' local regulations, Americans who own a vehicle purchased on the local economy and keep the Portuguese license plates are required to pay local road taxes annually.

Individuals in this situation need to go to the Portuguese Finance's Cashier's Office located at 19 Rua de Jesus (Praia da Vitoria's main street) and pay the referred road tax. The tax payers will need to take the vehicle's



registration and specifications document (green document called Livrete) in order to fill out the necessary paperwork.

Once they fill out the tax form with the vehicle's specifications and pay the road tax, they will be given a 2" x 2" road tax stamp to be placed on the right top side of the vehicle's windshield. The receipt should be kept in the vehicle at all times in case the person driving the vehicle is stopped by the Portuguese police and is asked to produce proof that the road tax has been paid.

The road tax amount varies with the car's age, engine power (number of cylinders), type of fuel used, etc.

This tax is usually paid during the months of May and June of each year.

Stretching key to fitness, health

Crossroads staff

Stretching is one of the most frequently missed components of any fitness program, but one no less necessary for people interested in becoming stronger and increasingly fit.

"If people forget to stretch, they are missing out on an important way to improve their body's entire functionality," said Tech. Sgt. Mary Davis, NCO in charge, Chace Fitness Center.

Sergeant Davis said stretching is essential to help prevent muscle injuries during exercise. With the Air Force focusing more on fitness, it's important people work out safely.

"I stretch before I exercise to avoid muscle strain or injury," said 2nd Lt. Randy Pletzer, 65th Air Base Wing executive officer. "I've pulled muscles from not stretching and from over-exertion, so now I make sure I stretch before I work out."

Sergeant Davis said stretching has many benefits. It increases range of motion which helps people gain proper form, gain strength faster and decreases the risk of injury.

"Stretching also releases tension," she said. "This helps alleviate stress, improves posture and may even help reduce soreness caused by strength training."

Regular stretching increases blood flow which helps boost endurance and can help keep joints and cartilage healthy.

"Everyone can learn to stretch regardless of age or flexibility," Sergeant Davis said. "Regular stretching can also help keep you feeling young because your muscles and joints don't tighten up as much."

People should stretch at least three times a week, to the point of mild

discomfort, Sergeant Davis said.

"Don't overdo it," she stressed.

"Stretching too far or too much can cause injury."

To properly stretch, people should follow these tips:

—Hold the stretch for 10 seconds and work up to 30 seconds each stretch.

—Do three to five repetitions.

—Make stretches slow and smooth — never bounce.

—Maintain normal breathing and try to focus on the muscle being stretched.

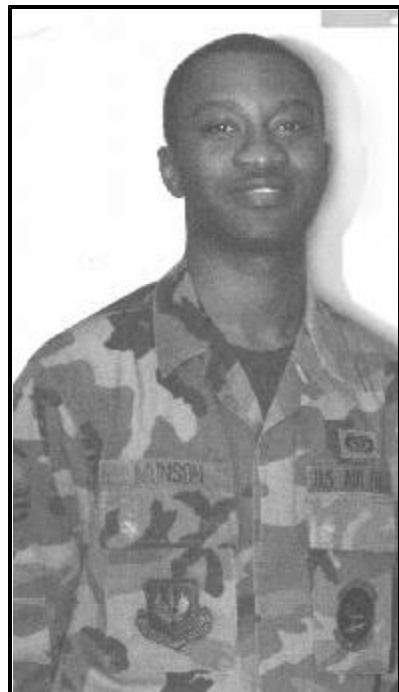
—Try to limit other body movement.

Although there isn't a class on stretching at Lajes, the Chace Fitness Center offers a Yoga class at 9 a.m. Saturdays, and 7:30 p.m. Mondays and Wednesdays.

"You do a lot of stretching in there but start off slow if you're a beginner," Sergeant Davis said. "It's a great place to start. After about a month you'll be a lot more limber than you were to begin with."

For more information, call the fitness center staff at 2-6126.

Get Fit Dude



Everyday Hero

Senior Airman
Maurice D. Munson

65th Civil Engineer
Squadron

Duty title: Engineering Assistant

Job description: Drafter

Time in the Air Force: 29 months

Time at Lajes: 11 months

What's the best aspect of your job:

My shop environment.

What are your career goals: I'm not sure as of right now, but school is in the definite near future.

Best Air Force experience: Weapons training

Life goal: To one day have a wife, a family that loves me, and a career that I am passionate about.

Hometown: Gadsden, S.C.

One word to describe you: Soul

Hobbies: Swimming, skating, having fun, dancing, music, appreciating the Arts...poetry, literature, art, etc.

Favorite food: Shepherd's pie!

Favorite color: Blue

No one knows I/I'm: Sometimes rehearse things in my head before I say them aloud.

When I was growing up, I wanted to be: "a gymnasium." Those were my exact words.

If I could have only one kind of food, it would be: My momma's!

The first thing I would do if I won a \$1,000,000 is: Pay my tithes!

PLANNER

Changes or updates to this page should be sent to news@lajes.af.mil

AAFES

Flight View BX: 10 a.m.-6 p.m., Mon., Tue., Thu.-Sat.; 10 a.m.-8 p.m., Wed.; 10 a.m.-5 p.m., Sun.

Ocean Front BX: 10 a.m.-6 p.m., Mon.-Wed.; 10 a.m.-8 p.m., Thu.-Sat.; 10 a.m.-5 p.m., Sun.

Shoppette: 9 a.m.-11 p.m., Mon.-Sat.; 10 a.m.-8 p.m., Sun.

Beauty shop: 10 a.m.-6 p.m., Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m., Mon.; 10 a.m.-6 p.m., Tue.-Fri.; 10 a.m.-4 p.m., Sat.

Gas station: 10 a.m.-5 p.m., Sun., Mon. (gas only); 10 a.m.-6 p.m., Tue.-Sat.

Lajes services

Child development center: 7 a.m.-5:30 p.m., Mon.-Fri.

Community activities center: 10 a.m.-8 p.m., Tue.-Sat.; noon-5 p.m., Sun.

Commissary: 10 a.m.-6 p.m., Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m., Thu.

Chace Fitness Center: 5 a.m.-midnight, Mon.-Fri.; 8

a.m.-7 p.m., Sat., Sun.

Library: 4-9 p.m., Mon.; 10 a.m.-9 p.m., Tue.-Thu.; 10 a.m.-6 p.m., Fri.; 10 a.m.-5 p.m., Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m., Tue.-Sat.; 11 a.m.-7 p.m., Sun.

Skills development center: noon-8 p.m., Tue.-Thu.; 10 a.m.-6 p.m., Fri., Sat.

Thrift Shop: 12:30-4:30 p.m., Mon. and Wed.; 10 a.m.-2 p.m., Fri and 1st Saturday of the month.

Vet Clinic: 8 a.m.-2 p.m., Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st and 3rd Wed.; 2-8 p.m., 2nd and 4th Wed.

Youth and teen center: 3-6 p.m., Mon.-Sat.; 8 p.m.-midnight, Fri., Sat.

Meal time

Burger King: 7 a.m.-11 p.m., Mon.-Thu.; 7 a.m.-1 a.m., Fri., Sat.; 7 a.m.-11 p.m., Sun.

Dining hall: Breakfast 6-8:30 a.m., lunch 11 a.m.-1:30 p.m., dinner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri., 11 p.m.-1 a.m., Sat.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m.,

Sat., Sun.

Oceanview Island Grill: 11 a.m.-11 p.m., Mon.-Sun. Lunch specials: Mon., roasted chicken or meatball sandwich; Tue., 16" pizza w/2 toppings; Wed., Fried shrimp; Thu., 16" pizza w/1 topping or taco salad; Fri., Lasagna. Specials come with fries or salad, and a drink. Pizza specials only come with drinks.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet, family dinner buffet; Thu., Oriental buffet, 2-4-1 steak night; Fri., seafood buffet, Prime & Wine dinner; Huff & Fin dinner special.

Chapel services

Adoration and rosary: 3 p.m., Mon.-Fri.; 5:40 p.m., Sun.

Mass: 5 p.m., Sun.-Fri.
Meditation and prayer: 6:30 a.m., Mon.-Fri.

Monday
Protestant women's spiritual fitness training, 7 p.m.

Tuesday

Catholic Women of the Chapel, 7 p.m., 3rd Tuesday

Wednesday

Men's spiritual fitness training/lunch, noon; Working women's spiritual fitness training/lunch, noon; Catholic Men of the Chapel, 6 p.m., 2nd Wednesday; Traditional choir practice, 6 p.m.; Bell choir practice, 7 p.m.; Catholic choir rehearsal, 7:15 p.m.

Thursday

Gospel Praise Team practice, 7 p.m.; Gospel Choir Practice, 7 p.m.; Men's spiritual fitness training, 7 p.m.

Friday

CWOC Mass, 5:30 p.m., 1st Fri.; Teen Movie Night, 7 p.m.

Saturday

Mass, 10 a.m.

Sunday

Traditional Protestant service, 9 a.m.; Confessions, 9:45 a.m.; Traditional Protestant fellowship, 10 a.m.; Mass, 10:30 a.m.; Gospel service & fellowship, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth/Teens of the Chapel, 6:15 p.m.



Friday: 7 p.m., "Catwoman," rated PG-13 for action violence and some sexuality. Cast includes Halle Berry and Sharon Stone. Patience Philips seems destined to spend her life apologizing for taking up space. This comes to a screeching halt when Patience inadvertently becomes a human guinea pig for the revolutionary anti-aging product Hedare and not only lands herself in the middle of a corporate conspiracy of gargantuan proportions, but on the city police force's most wanted list. Equipped with a new feline prowess, Patience is a different person come nighttime, more accurately a Catwoman - elusive, untamed, powerful, stealthy and not necessarily prone to erring on the side of good. Patience has gone from doormat to vigilante. **10 p.m., "White Chicks,"** rated PG-13 for crude and sexual humor, language and some drug content. Cast includes Shawn Wayans and Marlon Wayans. Two FBI agents try to get back into their boss' good graces by taking on a job guarding the Wilton sisters, two New York city hotel heiresses, from a serial kidnapper. They fail and the two women are abducted. The agents then go undercover, dressing up as the titular "white chicks" to solve the crime and rescue the victims.

Saturday: 2 p.m., "A Cinderella Story," rated PG for mild language and innuendo. Cast includes Hilary Duff and Jennifer Coolidge. Samantha lives at the beck and call of her self-obsessed stepmother Fiona and her sinfully wicked stepsisters. She finds her less-than sparkling social life wonderfully complicated when she meets her Prince Charming online. Her anonymous cyber soul mate turns out to be Austin, her high school's quarterback. Fearing rejection, Sam dodges Austin's efforts to discover the identity of his princess. Will Sam let fear hold her back, or will she find the courage to be herself and claim the life she's always wanted? Her chance at "happily ever after" depends on it. **7 p.m., "White Chicks."**

Sunday: 2 p.m., "A Cinderella Story," 7 p.m., "Catwoman."

Wednesday: 7 p.m., "White Chicks."

Thursday: 7 p.m., "Catwoman."

For information about the movie schedule, call the base theater at 2-3302.

AFN Sports on TV

Friday

AFN-Atlantic

Monday Night Football: Special Kickoff Opener - Indianapolis Colts @ New England Patriots, 3 p.m.

NCAA football: Florida State @ Miami, 10 p.m.

AFN-Sports

US Open Tennis Championship: Men's doubles final & women's singles semifinals, 1 p.m.

Saturday

AFN-Atlantic

College football, 2 p.m., 5:30 p.m.

AFN-Pacific

NCAA football: Oregon State @ Boise State, midnight
NCAA football, 2 p.m., 5:30 p.m.

NASCAR Nextel Cup Series: Chevy Rock and Roll 400, 9:30 p.m.

AFN-Sports

MLB: St. Louis Cardinals @ Los Angeles Dodgers, midnight

NASCAR Busch Series: Emerson 250, 5 a.m.

MLB: Cleveland Indians @ Oakland Athletics, 9 a.m.

NCAA football, 2 p.m., 5:30 p.m., 10 p.m.

Sunday

AFN-Atlantic

NCAA football, 9 a.m.
NFL: Tampa Bay Buccaneers @ Washington Redskins, 3 p.m.
NY Giants @ Philadelphia Eagles, 6 p.m.

MLB: Cleveland Indians @ Oakland Athletics, 10 p.m.

AFN-Pacific

NFL: Oakland Raiders @ Pittsburgh Steelers, 3 p.m.
Dallas Cowboys @ Minnesota Vikings, 6 p.m.

AFN-Sports

US Open Tennis Championship: Women's singles final, 2 a.m.

Men's semifinals, 5 a.m.
NCAA football: Mississippi @ Alabama, 10:30 a.m.

NFL: Jacksonville Jaguars @ Buffalo Bills, 3 p.m.

US Open Tennis Championship: Men's singles final, 6 p.m.

NFL: Kansas City Chiefs @ Denver Broncos, 10:30 p.m.

EVENTS

The deadline for Crossroads ads is one week out, or the Friday prior to the paper date. Submit announcements weekly in normal text with the what, when, where, who, why and contact info in an e-mail to news@lajes.af.mil. Dates and times should be in civilian format, and include full name of P.O.C.

Bullfights

Today: 6 p.m., Ribeira Seca, São Sebastião

Saturday: 6 p.m., Ribeira Seca, São Sebastião; 6 p.m., Desterro, Angra

Sunday: 6 p.m., Estrada 25 de Abril

Monday: 6 p.m., Lapinha, Vinha Brava; 6 p.m., Penha de França, Pico da Urze

Wednesday: 6 p.m., Serreta

Education Center

Master's classes: "Leadership in Difficult Times" is a new 8-week long online elective course offered by the University of Oklahoma for their Master of Human Relations degree. Class runs Oct. 11-Dec. 13. "Intervention and Practice in Training" runs Oct. 19-24. Enroll by Sept. 20. For more information, call Kalina Hill at 2-3355.

Tuition assistance: The last day for issuing of tuition assistance for FY04 is Friday. For more information, call the education office at 2-3355.

Spouse tuition: Spouse tuition assistance forms for term two are due by close of business Oct. 7 to the Central Texas College office. For more information, call Kimberly Henne at 2-3355.

CTC course: Central Texas College is offering the Early Childhood Education program. Registration is Oct. 11-22. The first class is "Family and the Community." For more information, call CTC at 2-6722.

Events

Bowling specials: Bowl from 11 a.m.-1:30 p.m. Wednesday-Fridays for only \$1 a game. Game is free if the head pin is the "magic red pin." Limit is one per game. For details, call 2-6169/6210.

Birthday bowling: The Hillside Lanes bowling center now has birthday packages available. Reservations are required at least 72 hours prior with a \$25.00 deposit. Cancellations will be accepted up to 24 hours prior with a full refund. For details, call Rich Christie at 2-



Got sponsor?

Lauren Jackson teaches a sponsorship class at the family support center Sept. 2. The class trains people to sponsor in-coming Lajes personnel. (Photo by Staff Sgt. Michelle Michaud)

6169/6210.

X-Box tourney: The quarterly X-Box tournament is at 3 p.m. Sept. 18 in the community center. A dry run will be at 3 p.m. Thursday. The tournament is open to active duty military ages 18 to 25 years old. Game is "Crimson Skies." Register by Tuesday. For more information, call the CAC at 2-4135.

Terceira Island Circle: Meet new people and learn how to make a mini scrapbook from 6-8 p.m. Oct. 6 at the family support center. All supplies are provided. For more information and to register, call Elsa Summers at 2-4138.

Football Frenzy: The frenzy for ages 12 and up begins 4 p.m. Sunday at the Top of the Rock club. The Bits and Bites menu will be available along with a members-only buffet at half-time. Club members have a chance to win Super Bowl tickets, pro bowl tickets, plasma TV and an X-Box game system on super bowl Sunday.

Wacky racer: A soapbox derby is at noon, Sept. 25 at the Top of the Rock Club. There will be a jumping castle, dunk tank, entertainment DJ, food & drink, hill run, door prizes for club members and prizes for racers. For more information, call Kara

Classes

Warren at 2-3202.

Personality type: People can learn about their personality and others by taking the Myers-Briggs type indicator. Class is noon-1 p.m. Sept. 22 at the family support center. For more information or to register,

call Elsa Summers at 2-4138.

123 Magic: Parents of children 2-12 years old can learn easy and effective ways to stop negative and start positive behavior. The two-part class is 6:30-8:30 p.m. Sept. 21 and 28. For more information or to register, call Elsa Summers at 2-4138.

Obedience training: Dog obedience training will be held Wednesday, at 6:30 p.m., in Bldg. T-605, across from the passenger terminal. Registration deadline is Tuesday. Age participation is 18 years and up. Must call the atlantic island kennels to sign up for the seminar. After the seminar, sign up and payment is due for the six week course. For more information, call Jodi Dean at 2-3855.

Federal jobs: A class on applying for federal jobs is 6-8:30 p.m. Tuesday at the family support center. For more information, call 2-4138.

Federal resume: A resume-building class is 6-8:30 p.m. Wednesday at the family support center. For more information,

Volunteers/jobs

tion, call 2-4138.

Retraining: The Fiscal Year 2005 retraining program has been released. Members with a 2005 DEROS interested in retraining should call Senior Airman Angelique Avendano in personnel employments at 2-5203/5143 for more information.

CONS jobs: The 65th Contracting Squadron has job positions available at Lajes Field for a catholic auxiliary priest and

a gospel choir director. To apply, stop by the second floor of Bldg. T-615 and pick up a package. For more information, call Airman 1st Class Bethany Schwartzkopf at 2-6855.

Native month: Volunteers are needed to plan and organize events for Native American Heritage month in November. If interested, call 2-6111/6282.

Thrift shop: The thrift shop is looking for volunteer sales representatives to assist with stocking, organizing, sales and consignments. For more information, call the thrift shop at 2-3567.

Volunteer clerk: A volunteer environmental administrative clerk is needed, who can work three hours a day, three days a week, has at least three months left on island and is interested in learning more about the environment. For more information, call Elsa Wingert at 2-4138.

Volunteer technician: A volunteer travel voucher technician is needed to assist the 65th Comptroller Squadron process military and civilian PCS and TDY travel vouchers. Basic computer knowledge is required and one-on-one training will be provided. For more information, call Else Wingert at 2-4138.

Classified

Ads must be submitted via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday prior to publication

Free puppy to good home! Name is Tank, about 13 weeks old, mostly black with a little brown and white. He has very soft hair and is mostly cocker spaniel. Very smart. Only needs one more shot 4 weeks from now and has microchip too. You can have everything with him: favorite treats, food, kennel and toys. He's great with kids and already sits on command. He is a very good listener and is kennel trained. If interested, call Krissy Jordan at 2-3615 or 295516129.

Green high-back outdoor plastic chairs with 3" cloth cushion \$10 each; 31" Trek Hybrid bike \$250; car bike carrier holds 2 bikes \$15; 3' x 5' US flag with wall mount \$10; 110-volt Dirt Devil vacuum cleaner \$50; 110-volt Kenmore 1.1 cubic ft. office/dorm fridge \$40; 110-volt Phillips DVD player \$65; 110-volt popcorn popper \$5; 20-gallon aquarium & stand \$20; metal aquarium stand holds 20-gallon tank \$5; real wood 5-shelf bookcase \$60; college textbooks, great for reference \$3 each; children's books \$1.5 each; travel books \$3 each; maps \$1.3 each; golden color swivel chairs \$30 each or 2 for \$50; wicker or metal baskets \$2 each; 3-D B2 picture with wood frame \$15. Call 295-543-010

Found: Alcatel cell phone at park in Nascor de Sol base housing near youth center. Call 295-549-244